We Claim:

- 1. An insulating body conforming apparatus comprising: two leg sleeve members each having at least one enclosed chamber defined by an outer surface, said outer surface being made of a film material which is at least partially transmissive to a predetermined wavelength of light said at least one enclosed chamber being adapted such that it may be filled with a gas which is at least partially transmissive to the predetermined wavelength of light; and means for releasably securing said each leg member to the leg of a wearer of said insulating body conforming apparatus when said leg member is filled with a gas which is at least partially transmissive to the predetermined wavelength of light whereby said gas filled member at least partially transmits the predetermined wavelength of light therethrough while simultaneously providing thermal insulation to the wearer of said insulating body conforming apparatus for cold weather comfort.
 - 2. The insulating body conforming apparatus of Claim one in which the surfaces are chosen to substantially block UV-B light.
- 3. The insulating body conforming apparatus of Claim one in which the gas with whichsaid sleeve member is filled with is air.
 - 4. The insulating body apparatus of Claim one in which the gas with which said vest member is filled with comprises carbon dioxide.

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- The insulating body conforming apparatus of Claim one in which the gas which said sleeve member is filled with comprises nitrogen.
- 6. The insulating body conforming apparatus of Claim one in which the inner skin contacting surface has means to promote air circulation between the surface and wearer's skin.
- 7. The insulating body conforming apparatus of Claim one with means for minimizing direct contact between the apparatus and the wearer's skin.
- 8. An insulating body conforming apparatus comprising: a roughly bowl shaped member having the approximate inside dimension of a human head having at least one enclosed chamber defined by an outer surface, said outer surface being made of a film material which is at least partially transmissive to a predetermined wavelength of light said at least one enclosed chamber being adapted such that it may be filled with a gas which is at least partially transmissive to the predetermined wavelength of light; and means for releasably securing said roughly bowl shaped member to the head of a wearer of said insulating body conforming apparatus when said roughly bowl shaped member is filled with a gas which is at least partially transmissive to the predetermined wavelength of light whereby said gas filled member at least partially transmits the predetermined wavelength of light therethrough while simultaneously providing thermal insulation to the wearer of said insulating body conforming apparatus for cold weather comfort.
- 9. The insulating body conforming apparatus of Claim eight in which the surfaces are chosen to substantially block UV-B light.

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- 10. The insulating body conforming apparatus of Claim eight in which the gas with which said sleeve member is filled with is air.
- 11. The insulating body apparatus of Claim eight in which the gas with which said vest member is filled with comprises carbon dioxide.
- 5 12. The insulating body conforming apparatus of Claim eight in which the gas which said sleeve member is filled with comprises nitrogen.
 - 13. The insulating body conforming apparatus of Claim eight in which the inner skin contacting surface has means to promote air circulation between the surface and wearer's skin.
- 14. The insulating body conforming apparatus of Claim eight with means for minimizing direct contact between the apparatus and the wearer's skin.
 - 15. The insulating body conforming apparatus of Claim eight in which the roughly bowl shape is any shape that approximately conforms to a portion of the human head.
 - 16. An insulating body conforming apparatus comprising: a vest member having at least one enclosed chamber defined by an outer surface, said outer surface being made of a film material which is at least partially transmissive to a predetermined wavelength of light said at least one enclosed chamber being adapted such that it may be filled with a gas which is at least partially transmissive to a predetermined wavelength of light; and means for releasably securing said vest member to the torso of a wearer of said insulating body conforming apparatus when said vest member is filled with a gas which is at least partially transmissive to a predetermined wavelength of light whereby said gas filled member at least partially transmits the predetermined

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- wavelength of light therethrough while simultaneously providing insulation to the wearer of said buoyant body conforming apparatus.
- 17. The insulating body conforming apparatus of Claim 16 in which the gas with which said vest member is filled with is air.
- 5 18. The insulating body apparatus of Claim 16 in which the gas with which said vest member is filled with comprises carbon dioxide.
 - 19. The insulating body conforming apparatus of Claim 16 in which the gas which said vest member is filled with comprises nitrogen.
 - 20. The insulating body conforming apparatus of Claim 16 in which the inner skin contacting surface has means to promote air circulation between the surface and wearer's skin.
 - 21. The insulating body conforming apparatus of Claim 16 with means for minimizing direct contact between the apparatus and the wearer's skins.
- 22. Sunglasses comprising two ultraviolet blocking lenses one for each of the left and right eye which lenses are secured each to a right and left frame element which frame elements are each secured to a right and left bow for securement to a wearer's ears where the left and right bows are each at least partially transmissive to a predetermined wavelength of light.
- 23. The sunglasses of claim 22 in which the predetermined wavelength of light is in theultraviolet-Brange.
 - 24. The sunglasses of claim 22 in which part of the frame elements near the nose are at least partially transmissive to a predetermined wavelength of light.